

THE RELATIONSHIP BETWEEN CONTACT DISTURBANCES AND PSYCHOLOGICAL WELL-BEING OF UNIVERSITY STUDENTS

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Abstract

The objective of this research is to analyze the relationship between contact disturbances and psychological well-being of university students. The data of the study were collected from a total of 217 university students including 140 female and 77 male in Mehmet Akif Ersoy University. The data were obtained using the Gestalt Contact Disturbances Scale and Psychological Well-Being Scale. In the analysis of the data Pearson Moments Multiplying Correlation Coefficient and the Standard Multiple Regression Analysis were used. According to the research findings, it was found that contact and full contact disturbances significantly predicted psychological well-being negatively. Also dependent contact disturbance significantly predicted psychological well-being positively.

Keywords: Psychological well-being, contact disturbances, university students.